

# REFLECTION AND DIRECTION

Take time to review last year and set goals for the coming year with God's input.

**Pray:** Redeemer God, Thank you for the amazing gift of life, reflection, and the redeeming work you continue to do in me. Open my mind to what you'd like me to remember from last year and directions you may have for me this year. I am here, be with me Lord Jesus and guide my thoughts.

**Read:** Psalm 143:8, Psalm 25

## Activity:

1. **Reflections on 2017** Write down the answers to the following in your journal: **I learned** \_\_\_\_\_. **I accomplished** \_\_\_\_\_. **I am thankful for** \_\_\_\_\_. **I want to repeat** \_\_\_\_\_. **I want a do-over on** \_\_\_\_\_. **I would use a magic wand to change** \_\_\_\_\_. **I felt most alive when** \_\_\_\_\_. **Relationships I want to improve:** \_\_\_\_\_. **I wasted time with**\_\_\_\_\_.

2. Once you've answered the questions grab a marker and highlight:

Anything you wrote that surprises you - ask God what he wants you to notice or learn

Things you don't want to forget - ask God to help you remember these when life gets hard

Things you need to let go - give to God in prayer as many times as it takes

3. Use the Goals for 2018 paper as a guide to set goals for the coming year. The following questions are to help if you get stuck.

**Family Goals** - What do you want for your family? What needs to be addressed this year?

**Word for 2018** - Ask God for a word, verse, song, or image to help focus the coming year.

**Financial Goals** - What do you need this year? What would you like? What do you need to do this year to be ready for next year? Where do you need to cut back? Where do you need to spend more?

**Spiritual Goals** - What do you want for your relationship with God? What spiritual gift would you like to ask him for? Do you admire someone's spiritual walk? What do you need from God?

**Personal Development Goals** - What do you want for yourself? What would you like to learn? Where could you use some help? What matters most to you this year?

**Social Goals** - Do you need more or less time with someone? Who do you need to call? Do you need to let go of a friend? Do you need to join a group? Leave a group? Do you need to set clear boundaries with someone?

**Physical Goals** - How is your physical work environment? Home environment? Sleep environment? How is your body? Medical concerns you've been neglecting? Giving too much attention to a part of your body?

**Career Goals** - What is the next step you could take to be more satisfied in your job? Do you need to ask someone to coach you or hold you accountable? What part of your career goals are you neglecting/avoiding?

Lord of my Life,

Help me shoot for progress, not perfection. Help me discern whether these goals this year will ultimately bring me joy. Let me invest in energy giving activities and avoid energy drainers when possible. Show me which of these goals to hold on to and which I can let go. Provide energy, insight, and wisdom to pursue you and dedicate this year to you. With each accomplishment in my life may you be praised and glorified. Amen